

Table 9 -- Phases of Depression Treatment

| Phase | Duration | Goal |
|---------------------|--|--|
| Acute | About 3 months | To achieve complete recovery from signs and symptoms of acute depressive episode (i.e., remission). |
| Continuation | 4-6 months | To prevent relapse as patient's depressive symptoms continue to decline and his or her functionality improves. |
| Maintenance | 3 months or longer, depending on patient's needs | To prevent recurrence of a new depressive episode. |

Adapted from Alexopoulos et al, 2001⁵

Table 10 -- Most Common Psychosocial Interventions for Depression

| Intervention | Preferred Techniques |
|----------------------------------|---|
| Psychotherapy | <ul style="list-style-type: none">• Cognitive-behavioral therapy• Interpersonal therapy• Problem-solving therapy• Supportive therapy |
| Psychosocial intervention | <ul style="list-style-type: none">• Bereavement groups• Family counseling• Participation in social events• Psychoeducation |

Adapted from Alexopoulos et al, 2001⁵